

Study on unpleasant emotions among alcohol dependents at Integrated Rehabilitation centre for addicts, Kajamalai, Tiruchirappalli.

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Abstract: Most people have an ambivalent relationship with their emotions, since they can't imagine life without the pleasant ones yet fantasize about how wonderful life would be without the unpleasant ones. The fact that Alcohol dependents highly face unpleasant emotions most often the time. This study highly focuses on the unpleasant emotions faced by alcohol dependents at Integrated Rehabilitation centre for addicts, Kajamalai, Tiruchirappalli. This study was designed to examine how individual differences in facing unpleasant emotions and is associated with responses to alcohol cues. The researcher adopted 36 samples from Integrated Rehabilitation Centre for Addicts, at Kajamalai, Tiruchirappalli District and used purposive sampling in this descriptive study. The researcher outlines on, various types of unpleasant emotions in alcohol dependence. This study is descriptive in nature and tries to find out how alcohol dependents dealing this unpleasant emotions and how it makes them to take increased alcohol taking situation.

Key words: Unpleasant emotions, Alcohol dependents, Alcohol taking situation, coping with emotions.

I. Introduction

We face Unpleasant emotions when things aren't going the way we want them to go and we face pleasant emotions when things are going the way we want them to go. And no matter how we are feeling, good or bad, the state will eventually pass to make us to go for the day. We can't necessarily control our emotions but we can control how we respond to them, and the mindful relationship with emotions that we have been facing day to day is essential and it cannot be avoided by anyone including Alcohol dependents, emotions are of two kinds they are outward reaction emotions and inward resisted emotions.

Outward reaction emotions include

- Irritated/Annoyed/Frustrated/Angry
- Fear/Sceptical/Manipulated
- Justified/Righteous
- Guilty/Embarrassed/Ashamed
- Resentful/Rejected/Jealous/Hate
- Successful/Special/Important
- Foolish/Smarter/Superior
- Disappointed/Let Down
- Distracted/Hyper/Overly Positive

Inward Resisted Emotions

- Powerless/Helpless
- Small/Weak/Vulnerable
- Wrong/Out of Control
- Bad/Dirty
- Hurt/Unlovable/Alone/Misfit
- Failure/Losing/Unimportant
- Inadequate/Dumb/Inferior
- Not Good Enough
- Bored/Down/Lazy

II. Unpleasant Emotions – The Struggle Among Alcohol Dependents

In the sphere of the emotions it is very useful to try to struggle with the habit of giving immediate expression to all one's unpleasant emotions. Many Alcohol dependents find it very difficult to refrain from expressing their feelings about bad mood or over express their bad mood. It is still more difficult for people not to express unpleasant emotions when they feel that something or someone is violating what they may conceive to be order or justice.

Life can be a real struggle if alcohol dependents are unable to handle their emotions. Their lack of emotional maturity makes it impossible to find real happiness. It also means that these individuals will be more likely to engage in maladaptive behaviors. They turn to chemicals as a means to escape the pain caused by their emotions. When people become addicted to alcohol or drugs, there can be no further emotional development. They become stuck. When the individual finally gives up alcohol or drugs, they will need to once again focus on their emotional development. If they fail to do so, they will struggle to build a comfortable life away from their addiction. Alcohol dependents living with unpleasant emotions will :

- Hardly live in the present moment
- Struggle to regulate their own behavior, which means that they do things that harm themselves and other people
- Have difficulty with the challenges of life and may resort to maladaptive coping strategies such as work addiction or exercise addiction
- Become victim to their own emotions
- Give up one addiction and begin abusing other substances
- Feel like they are living on an emotional rollercoaster
- Experience a great deal of negativity
- Find it hard to develop healthy relationships

III. Review Of Literature

1. Sherry H. Stewart et al.,(2000)

The authors made a study on Posttraumatic Stress Disorder Symptoms and Situation-Specific Drinking in Women Substance Abusers. The PTSD Symptom Self-Report Scale (Foa, Riggs, Dancu, & Rothbaum, 1993), and the 42-item Inventory of Drinking Situations (Annis, Graham, & Davis, 1987) were administered to a community-recruited sample of 294 adult women substance abusers. At the level of specific drinking situations, PTSD symptoms were significantly positively correlated with frequency of heavy drinking in the negative situations of Unpleasant Emotions, Physical Discomfort, and Conflict with Others. PTSD symptoms were unrelated to frequency of heavy drinking in the positive situations of Pleasant Times with Others and Social Pressure to Drink, or in the temptation situations of Testing Personal Control and Urges and Temptations.

2. Buchmann AF et al., (2010).

The authors made a study on Drinking against unpleasant emotions: possible outcome of early onset of alcohol use. They collected Data from 320 participants were collected as part of the Mannheim Study of Children at Risk, an ongoing epidemiological cohort study. Structured interviews at age 15 and 19 were used to assess age at first alcohol experience and drunkenness. The young adults completed questionnaires to obtain information about the occurrence of stressful life events during the past 4 years and current drinking habits. In addition, alcohol use under conditions of negative states was assessed with the Inventory of Drinking Situations. The probability of young adults' alcohol use in situations characterized by unpleasant emotions was significantly increased the earlier they had initiated the use of alcohol, even when controlling for current drinking habits and stressful life events. Similar results were obtained for the age at first drunkenness.

3. Blomeyer D et al., (2011).

The authors made a study on Age at first drink moderates the impact of current stressful life events on drinking behaviour in young adults. The study taken among 306 participants of an epidemiological cohort study, AFD was assessed together with SLE during the past 3 years, daily hassles in the last month, and drinking behavior at age 22. The earlier young adults had their first alcoholic drink and the higher the levels of SLE they were exposed to, the disproportionately more alcohol they consumed. Drinking frequency was not affected by an interaction of these variables, while daily hassles and their interaction with AFD were unrelated to drinking behaviour. Their findings highlight the importance of early age at drinking onset as a risk factor for later heavy drinking under high load of SLE. Prevention programs should aim to raise age at first contact with alcohol. Additionally, support in stressful life situations and the acquisition of effective coping strategies might prevent heavy drinking in those with earlier drinking onset.

IV. Methodology

Introduction

When people become addicted to alcohol or drugs, there can be no further emotional development. They become stuck. When the individual finally gives up alcohol or drugs, they will need to once again focus on their emotional development. It makes them to depend the substance whatever they take. This is an attempt to study various unpleasant emotions which increases the alcohol consumption.

Significance Of This Study

Through various review of literature the researcher revealed that the unpleasant emotions play a vital role in keeping the patient to be dependent on alcohol. Hence this present study highly focus on the various kinds of unpleasant emotions pertaining to keep the patient depend on alcohol.

Title Of The Study

Study on Unpleasant emotions among alcohol dependents at Integrated Rehabilitation centre for addicts, Kajamalai, Tiruchirappalli.

Aim Of The Study

To study unpleasant emotions among alcohol dependents at Integrated Rehabilitation centre for addicts, at Kajamalai, Tiruchirappalli.

Objectives

- To find out the socio-demographic details of the respondent's.
- To assess the unpleasant emotional situations pertaining to alcohol use among the patients
- To find out the association between the dependent and independent variables.

Hypotheses

- There is no significant association between Living background of the respondent and Overall unpleasant emotions
- There is a significant association between deterioration in standard of living and overall unpleasant emotions
- There is no significant difference between living background of the respondents and their overall unpleasant emotions

Research Design

Descriptive research design

Universe

The universe of the study belongs to Alcohol Dependence patients admitted in Integrated Rehabilitation Centre for the addicts at Kajamalai, Tiruchirappalli.

Sampling

This research adopted 36 respondents as samples from the universe. Sampling technique adopted by the researcher is purposive Sampling.

Tool For Data Collection

The researcher used IDTS (Inventory for drug taking situations – Alcohol questionnaire) along with socio demography details of the patient The IDTS, developed by Annis and Martin (1985).

Statistical Test

Chi-Square Test and one way ANOVA for interpreting the data.

Socio demographic characteristics' of respondents

	Variable	Frequency	Percentage
1.	Age		
	26 to 34	13	36.1
	35 to 43	14	38.9
	44 to 52	7	19.4
	53 to 62	2	5.6
2.	Living background of the respondent		
	Urban	14	38.89

	Rural	16	44.4
	Semi-Urban	6	16.67
3.	Living arrangement		
	Staying alone	1	2.8
	Reside in family units	28	77.8
	Transient arrangements	7	19.4
4.	Social pattern of drinking		
	Drinking only in social situations	9	25
	Drink alone when socially isolated	2	5.6
	Always alone drinker	25	69.44
5.	Deterioration in standard of living		
	Yes	24	66.6
	No	12	33.3

Overall Unpleasant Emotions

Sl No	Unpleasant emotions	Frequency N=36	Percent
1	Sometimes	10	27.78
2	Frequently	20	55.5
3	Very frequently	6	16.67

Association between Living background of the respondent and Overall unpleasant emotions

Sl.no	Living background	Overall unpleasant emotions			Statistical inference
		Sometimes (n=10)	Frequently (n=20)	Very frequently (n=6)	
1	Urban	7	4	3	X ² =10.667 Df=2 P >0.05 Not significant
2	Rural	3	11	2	
3	Semi-Urban	0	5	1	

Association between deterioration in standard of living and overall unpleasant emotions

Sl.no	Deterioration in standard of living	Troubled sleep				Statistical inference
		Rarely (n=6)	Sometimes (n=6)	Frequently (n=7)	Very frequently (n=17)	
1	Yes	2	3	5	14	X ² =22.222 Df=3 P <0.05 Significant
2	No	4	3	2	3	

One-way ANOVA difference between living background of the respondents and their overall unpleasant emotions

Sl.no	Overall Unpleasant emotions	Mean	S.D	SS	Df	MS	Statistical inference
1	Between Groups			.431	2	.215	F = .842 P > 0.05 Not Significant
	G1 (n=7)	1.52	.508				
	G2 (n=28)	1.33	.488				
	G3 (n=1)	1.60	.548				
2	Within Groups			12.275	48	.256	

G1 = 1-3 / G2 = 4-6 / G3 = 7 & above

V. Conclusion

Unpleasant emotions in Life of an alcohol dependent can be extremely uncomfortable and they feel they are unable to cope. It can drive them to all types of desperate behaviors as they attempt to escape their pain. Individuals who are in recovery from addiction will be at particular risk if they are unable to cope. Unless they find effective coping strategies it will usually mean a return to substance abuse.

The unpleasant emotions should be dealt with coping strategies for recovery.

Coping strategies are techniques that people use to deal with the stress that they experience in their daily life. These strategies can vary greatly in their effectiveness. These coping strategies can be classified into three categories, they are cognitive, Behavioural and Emotional.

References

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